

PUBLIC SAFETY UPDATE: Warrant issued in gun shop shooting **PAGE 10**



LOGAN GION | PRESS PUBLICATIONS
Jamie Myers poses in front of her four-seasons mural in the Golden Lake Elementary School Library. The mural complements tile mosaics created by former students. See Page 2 to trace the mural's journey

Lino Lakes City Council sets 2027 preliminary tax levy

BY LOGAN GION
STAFF WRITER

Lino Lakes' 2027 preliminary tax levy is just under \$18.9 million, an increase of roughly \$800,000, or 4.49%, over last year.

The City Council unanimously approved it at its Sept. 14 meeting.

Finance Director Tracy Thoma explained, "The final levy number may be decreased but it cannot be raised when it is adopted in December." Thoma noted that because Anoka County anticipates its projected net tax capacity rate to decrease by 0.02% in 2026, numbers may be subject to change. The League of Minnesota Cities defines tax

capacity as "the valuation of property bases on market value and statutory (set by state legislation) class rates."

Thoma estimated the monthly increase for the median residential home at \$2.92.

Thoma said that main drivers of the budgetary hike came from a 37% increase in the building and facilities levy, a 22% increase in staff wages and benefits, and an 18% increase in street maintenance debt levies.

Council Member Michael Ruhland said, "I want to acknowledge staff. It was an ambitious goal

SEE LINO LAKES PRELIM LEVY, PAGE 2

Park redevelopments delayed for better bid conditions

BY LOGAN GION
STAFF WRITER

The city of Circle Pines' planned redevelopments for Baldwin Park and Carl Eck Park are being delayed for more favorable bidding conditions. Instead of bidding the projects this month and starting construction later this season, the City Council unanimously approved a motion to schedule bidding for January 2027. Construction is estimated to begin in April. Jeff Feulner, senior landscape architect with engineering and design consulting firm WSB, said that the Baldwin Park construction estimate is currently a little over \$2.1 million, and Carl Eck Park, \$2.2 million.

"We've got documents pretty much ready to bid. Our site development plans and specs are at about 95%," Feulner said at the Sept. 8 City Council meeting. "I expected to be here this month requesting

authorization to go out for bidding, but when we started this project nine months ago, part of it was we were going to monitor the current bidding environment."

Feulner explained that, in early September, WSB had a project that received only one bid despite six contractors expressing initial interest in the project. Feulner contrasted this result with a pickleball project WSB put together for the city of Monticello last winter, which received 14 bids, the lowest being 32% under the engineer's estimate.

"One bid? That's awful. You're at the whim of whoever that contractor is," City Administrator Patrick Antonen agreed. "They could be 50% over (estimated cost), and you're stuck."

Feulner noted that putting a project out for bid both now and later does not yield favorable results because bid numbers become public, so other contractors will

see where a bar has been set. Rather than putting together a good bid, Feulner explained, contractors will try to beat the established number.

"I would suggest waiting until winter, when contractors are not juggling field work and bidding. It's typically more competitive with more responders," Feulner said. "Waiting to start a few months, I think there's potential for serious benefit there."

Feulner suggested bidding Carl Eck Park separately from Baldwin Park to entice smaller contractors, leading to a more competitive bidding environment.

"Some bigger contractors may look at it as one project and bid on both," Feulner said.

He added that regardless of when the projects start, construction will affect sports and activities at

SEE PARK REDEVELOPMENTS, PAGE 6



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Mural artist completes the picture at Golden Lake Elementary library

BY LOGAN GION
STAFF WRITER

Golden Lake Elementary School in Circle Pines is surrounded by nature: Golden Lake to the north, Rice Creek to the east and south, and Aspen Park to the west. Christopher Gerst, the school’s principal, said that the school’s library reflects that reality.

“In 2020, Golden Lake Elementary students and our PTA coordinated a mural project through a program called Arch Start,” Gerst recalled. “Students in grades 2-5, each grade level created a tile (mosaic) ... Each of those represents a season, a biome and the animals that are unique to those biomes.”

These murals covered much of the library’s wall space, but a large white space still remained. Gerst was looking for an artist to extend his students’ vision when he visited Rice Lake Elementary School in Lino Lakes and saw its hallway murals. He decided to reach out to the artist, Jamie Myers, and a partnership was formed.

“He showed me the mosaics in here and ... I came up with the transition through the seasons,” said Jamie, “starting with the fall, like the school year starts.” While the mosaics focus on animals, Jamie’s mural features children doing seasonal activities.

“I love anything for children, because you can be really whimsical ... (with) the joy you can put in their expressions,” Jamie said.

Jamie, however, had only one season to paint the mural: summer. To cover such a wide and tall

space, she asked her husband, Jesse Meyers, who is a carpenter, if he knew anyone who could help her reach the tall spaces.

“My husband asked me what school it was, and I told him Golden Lake. He said, ‘You’re kidding, I went to kindergarten there,’” Jamie said. Jesse connected his wife with Scaffold Service in Saint Paul.

“They were amazing. I was able to get a scaffold all the way across, so I didn’t have to go up and down the ladders,” Jamie said, noting that she felt a little like the Renaissance painter Michelangelo. “(This is) the fastest I’ve ever done a mural ... It was such a blessing.”

Jamie finished the mural just in time for Golden Lake Elementary’s back-to-school open house. Now that the mural is finished, Gerst feels the library’s story is now complete.

“The mural brings Minnesota’s natural world to life while connecting generations of student creativity,” Gerst noted. “What began as four student-center tiles (mosaics) in 2020 has now grown into a larger story, one that celebrates our seasons, landscapes and the animals that call Minnesota home.”

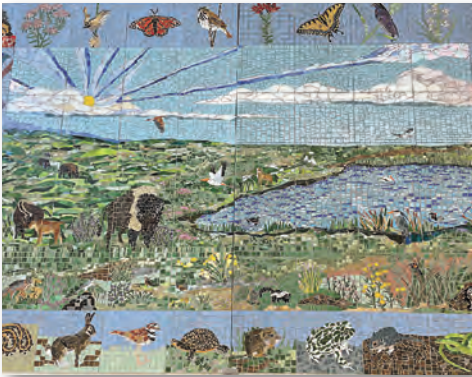
Jamie hopes that when students spend time in the library their imaginations will be sparked by the adventures the children in the painting are having.

“I hope they see themselves in it and that they’re inspired,” said Jamie. “If they have any creative ambitions, I hope they look at (the artwork) and they think, ‘Man, that’d be cool to do someday. I wonder if I could do that.’”



PHOTOS CONTRIBUTED

To complete the mural before children returned for the school year, Jamie needed wall-to-wall scaffolding, which her husband, Jesse procured from Scaffold Service in Saint Paul.



PHOTOS BY LOGAN GION PRESS PUBLICATIONS

In 2020, Golden Lake Elementary students in grades 2-5 created a tile mosaic that represented a season and its biome.

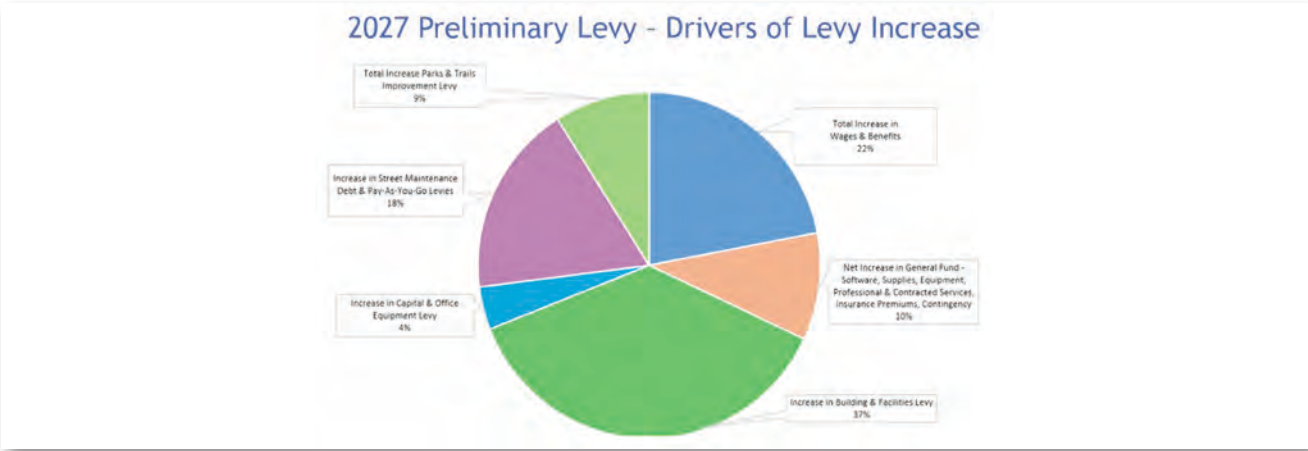
LINO LAKES PRELIM LEVY: 4.49% increase, final numbers in December

FROM PAGE 1

... I know it wasn’t easy, and I feel like you guys knocked it out of the park.”

“Echoing some of Michael’s comments, I think it’s a significant achievement that this council working with the city staff has held the line in regard to taxes ... a notable achievement when you hear of other cities in Anoka County and the metro experiencing double-digit or near double-digit increases,” said Council Member Chris Lyden. “The City Council may take credit ... but let it be known that the city staff did the heavy lifting, and I thank you.”

“I think a lot of it was our city administrator,” added Council Member Julia Nelson, “the restructuring of certain important departments, getting everyone the help they needed and sacrificing in other areas. We are very fortunate to have the staff we do.”



CONTRIBUTED

The main drivers behind Lino Lakes’ preliminary tax levy increase are wages and benefits for staff as well as the building and facilities levy and street maintenance debt.

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ONGOING EVENTS

SILVER SKATERS OPEN SKATING
When: 12:30-2 p.m. Mondays and Wednesdays
Where: Centennial Sports Arena, 4810 103rd Lane NE, Circle Pines
Details: Grab some friends or neighbors and enjoy some dedicated time in the community rink. Skating is a great way to exercise, socialize and have fun. A small fee will be charged at the door.
Contact: 763-792-6100

CIRCLE LEX LIONS CLUB FARMERS MARKET
When: 2:30-6:30 p.m. Wednesdays
Where: Lexington Municipal Liquor Store, 9271 Lake Drive
Details: A variety of vendors will be set up in the parking lot selling produce, plants, breads, syrups, crafts and more.
Contact: 612-272-3386 or kgregory244@gmail.com

ADULT OPEN VOLLEYBALL
When: 6:30-9:30 p.m. Fridays
Where: Centennial Middle School Gym, 399 Elm St., Lino Lakes
Details: Drop in for a night of volleyball. All experience levels welcome. A small fee will be charged at the door. A maximum number of players will be allowed.
Contact: 763-792-6100

OPEN CRAFTING
When: 9:30-11:30 a.m. Monday, Sept. 28
Where: Centennial Early Childhood Center, Room 101, 575 Birch St., Lino Lakes
Details: Crocheters, knitters, needle pointers, embroidery or diamond art enthusiasts, are you looking for a place where you can work on your current project, meet other crafters, and develop new friendships? Join us for the opportunity to create collectively.
Contact: 763-792-6100 or earlychildhood@isd12.org

CENTENNIAL BOOK CLUB FOR ADULTS
When: 6:45-8 p.m. Monday, Sept. 28
Where: Centennial Library, 100 Civic Heights Circle, Circle Pines
Details: Interested in trying out a new book group? Join us for the Centennial Book Club. Drop in for a favorite book discussion or become a regular member. Our book for September is “God of the Woods” by Liz Moore.
Contact: 763-324-1540 or aclref@anokacountymn.gov

CURRENT EVENTS

FALL INTO FITNESS
When: 10 a.m. - 1 p.m. Saturday, Sept. 26
Where: The Rookery Activity Center, 7690 Village

Drive, Lino Lakes
Details: Kick off a new season of fitness at The Rookery with a morning filled with group fitness classes. Already have a favorite class? Come experience the newest release. Never taken a group fitness class before? This is a great opportunity to try something new in a welcoming environment. Open to Rookery members and non-members.
Contact: 651-982-2468 or linolakes.gov/565/Fall-into-Fitness-Event

SBM FIRE OPEN HOUSE
When: 10 a.m. - 1 p.m. Saturday, Sept. 26
Where: Station 4, 2 East Road, Circle Pines; Station 6, 1880 Main St., Centerville
Details: Ever wondered what goes on inside your neighborhood fire station? The SBM Fire Department is opening its doors and giving the community a behind-the-scenes look. Visitors can meet local firefighters, explore fire trucks and emergency equipment, tour the stations, ask questions, and learn more about the work firefighters do every day to keep our communities safe.
Contact: 763-786-4436

CONCERT AND CAR SHOW FOR A CAUSE
When: 10 a.m.-10:30 p.m. Saturday, Sept. 26
Where: Running Aces Casino, Hotel & Racetrack, 15201 Running Aces Blvd., Columbus
Details: Get ready for an unforgettable night of big country hits, big energy and an even bigger mission. The Invisible Wounds Project proudly presents Concert for a Cause with headliner Chris Janson. All proceeds benefit the Invisible Wounds Project, a Forest Lake, Minnesota-based nonprofit dedicated to supporting the mental health and wellness of current and former military members, public safety officers and their families. Car show and vendor fair from 10 a.m.-4 p.m., concert from 5-10:30 p.m.
Contact: 1-855-435-7497 or admin@iwproject.org

OKTOBERFEST
When: 5-10 p.m. Saturday, Sept. 26
Where: Lino Lakes American Legion Post 566, 7731 Lake Dr.
Details: Adults ages 21 and over are encouraged to come dressed in their best lederhosen and dirndls as the Legion hosts German-themed games, axe throwing and a pretzel toss. German food and drink will be available. All proceeds go to support veterans and veteran programs.
Contact: 651-783-0055 or officepost566@gmail.com

FAMILY COOKING
When: 4:30-5:30 p.m. Tuesday, Sept. 29
Where: Centennial Library, 100 Civic Heights Circle, Circle Pines
Details: Join us in the IQ kitchen with your family as together we cook simple, easy to follow recipes. September's theme is Back to School. This

program is for youth with their grownups; we will all be cooking together.
Contact: 763-324-1540 or aclref@anokacountymn.gov



CONTRIBUTED

MINNESOTA WINDS SEASON PREMIERE CONCERT
When: 2-4 p.m. Sunday, Sept. 27
Where: Benson Great Hall, Bethel University, 3900 Bethel Drive, Arden Hills
Details: Co-founded by Circle Pines’ Meagan Bachmayer, Minnesota Winds, our state’s new professional band, is kicking off season with guest conductor Mallory Thompson, an alumni of St. Anthony Village High School. Thompson is director of bands emeritus at Northwestern University and has the U.S. Air Force Band, U.S. Army Band and the Dallas Winds Ensemble. This special program, curated by Mallory Thompson and Minnesota Winds artistic director Katherine Bergman, features musical explorations of American composers who found inspiration in the diverse people, spiritual traditions and landscapes of this country. Beginning with Joan Tower’s “Fanfare for the Uncommon Woman” and culminating with David Maslanka’s monumental “Symphony No. 4,” this concert takes us on an adventure through the rich artistic and emotional range of the concert band art form. For more details, visit minnesotawinds.org/events..
Contact: info@minnesotawinds.org

A black and white photograph of a knight in full armor, including a helmet with a visor, riding a horse. The knight is holding a sword. The background is a crowd of people.

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A black and white photograph of a group of people standing in a line, possibly in a church or a community center.

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OPINION

Second arrow



Angle of View
Paul Dols

With the recent observance and commemoration of the 25 years that have passed since the September 11 terrorist attacks in 2001, an aspect that seems difficult to fully convey is the raw emotion and extreme uncertainty that followed in the hours, days and weeks after the attacks. Initially, no one really seemed to know what additional horrors might be coming and the fear and anxiety created by the imagined worst case scenarios was palpable and real. Another aspect that seems somewhat muted in our current political climate is the fact that America's historical allies and most of the world were sympathetic and unified in their condemnation of the mass killings. It's kind of heartbreaking that such profound feelings of unity and support were squandered over time.

The stories and first person accounts from 9/11 that were recently shared by local residents in the White Bear Press and other publications demonstrated the memorable and far reaching impact of the historic event. I also spotted a photo taken in Manhattan that day by Jeff Christensen, a colleague I first met many years ago at the Minnesota Daily newspaper. The image accompanied an article in The Guardian about the chance meeting and enduring friendship of two of only four individuals known to have survived from above the impact zone in either tower of the World Trade Center. I was surprised to hear the statistic that about 40% of the current population in the United States was either born after the terrorist attacks in 2001 or was too young to have a personal memory of the event. It makes me wonder what extreme emotions and uncertainty previous generations were dealing with following the Pearl Harbor attack, or the assassination of President John F. Kennedy.

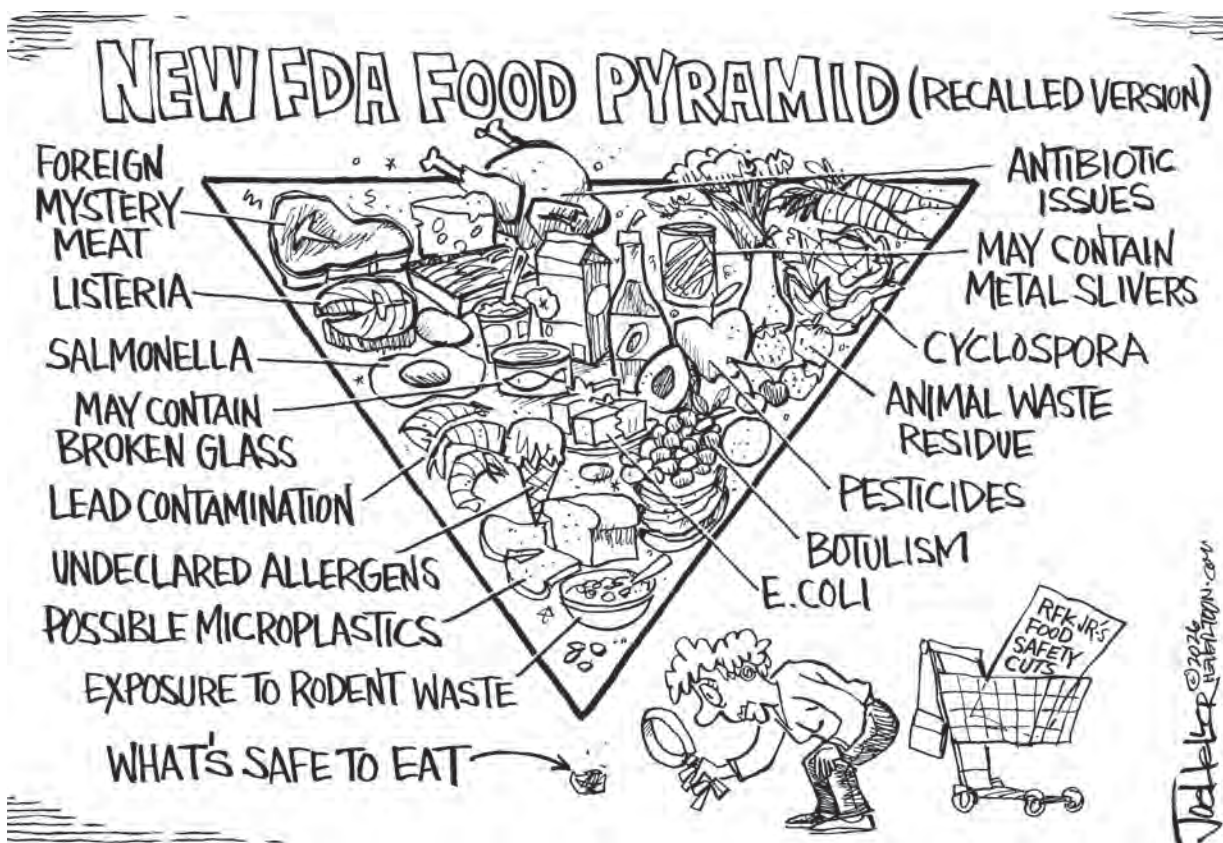
More recently, I've observed that analysis and criticism of how government and health officials handled the COVID-19 pandemic, usually doesn't take into account how much we didn't know or how bad things could have potentially gotten in the early stages of the outbreak. With the risk of sounding melodramatic, I celebrated a birthday during the initial lockdown and sincerely wondered — given all the risk factors and nightmarish accounts coming out of New York City and regions of Italy — if it might possibly be my last. Unfortunately, for a variety of reasons, getting through the pandemic proved to be a more divisive than unifying experience for many of us.

The parable of the Second Arrow

The Second Arrow, originally attributed to Buddhist teachings, is a parable about dealing with the unavoidable pain that life brings. A recent article titled "The Parable of the Second Arrow: Discovering the Difference Between Pain and Suffering" at shamashalidina.com helps explain the parable and how it can be interpreted with the help of modern research. The first arrow is described as the unavoidable pain that life can bring in a variety of ways, including injury, illness, aging and grief. The second arrow is described as our mental and emotional reaction to the first arrow, which can be expressed as anger, resentment, self-blame and catastrophizing. Among the key practical lessons is that everyone at some point in time will experience the pain of the first arrow simply by being human and that we have much more control over the (self-inflicted) pain and suffering caused by the second arrow. The hardship can be compounded by ruminating on a bad event, judging ourselves and fighting the reality of the situation.

The initial shock and extreme emotions of the worst terrorist attacks in American history have faded over the last 25 years. Is it possible that the distant memories of the national unity and worldwide support that immediately followed this tragic event could inspire solutions and an alternative direction to our current reality?

Paul Dols is photojournalist/website editor for Press Publications. He can be reached at 651-407-1238



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audiobooks, hobby kits, cookware and board games — all an even better value now that we don't charge late fines. You can also use a wide selection of digital resources including movie streaming, live homework help and Ancestry.com. Most of these can be used from home through convenient apps such as Libby.

Programs and classes are another major perk. Children's story times, craft activities, book clubs, small business programs and seasonal events are included for free. These events help you meet people in similar life stages, make friends, explore your interests and learn something new in a low-pressure, welcoming environment. Every visit — in person or online — is a chance to connect with ideas, information and inspiration.

You can also take advantage of quiet study spaces, reliable computers and Wi-Fi, a commercial kitchen and large meeting room for group gatherings, and printing services. Whether you're stopping in for internet access, a calm spot to read or a workspace away from home, the library

gives you space to do what you need.

Celebrate your membership benefits with us at MN Libraries Read Together at the Rum River Library from 11 a.m.-2 p.m., Saturday, Sept. 19. Dress as your favorite book character, enjoy a family-friendly comedy show with Mixed Nuts, make a button, create chalk art, grab some ice cream, and meet State Senators Jim Abeler and John Hoffman. Complete the library treasure hunt for special "skip the line" access to an e-book or audiobook from popular Minnesota authors including William Kent Krueger, Abby Jimenez, and Kao Kalia Yang.

With Library Card Sign-Up Month in full swing, we invite even more neighbors to stop by and experience the value of being part of your local library community. We'd love to meet you!

Mary Healy is a librarian and branch manager at Centennial Library in Circle Pines.



Movers & Shakers
Mary Healy

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- Letters reprinted as part of letter-writing campaigns are paid letters.
- All letters are subject to editing.
- We reserve the right to not publish any letter.
- The deadline to submit a letter is 5 p.m. Wednesday the week prior to publication.
- The last batch of letters to be printed before the Nov. 3 election will be printed in the Oct. 20 issue and must be received by 5 p.m. Wednesday, Oct.14.
- To submit a letter, email news@presspubs.com or mail/deliver it to Press Publications.

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LETTERS TO THE EDITOR

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Affordability

Do you have it? Are YOU among the 60% of Americans living paycheck-to-paycheck? How’s your gas bill? How’s your mortgage or rent bill coming? Had any steak recently? Can YOU pay your property or health insurance bills easily? Get a decent raise recently?

There are NO GOOD REASONS to vote for Trump in 2026. He’s on the ballot, he wants people to know. YOU vote for Trump by voting Republican — he ordered Republicans to think. YOU should think that way too — by VOTING AGAINST EVERY REPUBLICAN. Trump controls the Republican Party. They do what he wants — or else. He attacks and insults them, he “primarys” them.

Trump’s policies and wars have raised YOUR costs — for food, for gas, for health. A 6/14/26 Washington Post Weekly story, “Soaring prices at the grocery store are driving inflation,” listed 15 food costs raised by Trump’s stupid Iran war: coffee, beef, tomatoes, fresh vegetables, apples, seafood, milk, bakery. YOU are, will, be paying more because of Trump’s asinine tariffs.

The American Prospect reported a Rand

Corporation study on American income gaps. They found the rich had stolen \$79 trillion from the working class between 1979 and 2023. \$50 trillion 1979-2018. Meaning, the Trump-era theft from ordinary Americans is \$29 trillion!!! Without wage theft, a study found the average American worker would have made \$28,000 more in 2023 than they actually did.

A 2021 E.P.I. study for 1979 through 2017 said the wage gap responsibility rests in Federal Reserve policies, decline of collective bargaining and globalization — about 55%; misclassification of workers, subcontracting, noncompete agreements, corporate concentration — about 20%. There are numerous Reagan-era policies, including attacks on unions and SEC changes. There is the Jack Welch factor. All this benefits corporations against workers.

The 1947-1973 middle class golden age didn’t die a natural death — it was murdered. Read more in Double Pulitzer winners Barlett & Steele’s “The Betrayal of the American Dream”; or in Kurt Andersen’s “Evil Geniuses.” Learn about the power behind Trump.

Tom Dolen
Shoreview

James Nash
White Bear Lake

CENTERVILLE TIDBITS

Centennial Lakes Police Department Chief Brian Goetzke took over for retired Chief James Mork on July 1 and delivered his first annual CLPD report to the Centerville City Council at its Sept. 10 meeting. After his presentation, council unanimously (4-0 ; Council Member Linda Broussard Vickers was absent) approved the 2027 CLPD budget on the recommendation of city staff. Last month, the CLPD Governing Board unanimously recommended approval of the proposed 2027 budget for the department. The joint powers agreement requires each of the three municipalities served by the CLPD to ratify the budget. Centerville’s portion of the 2027 CLPA total general fund reserve has gone up to \$1.3 million, or \$42,571, which is a 35% increase since last year. The total CLPD general fund reserve stands at \$3.7 million, financed by property taxes paid by Circle Pines, Lexington and Centerville residents. Centerville has taken up 31.52% of the CLPD calls for service, compared with Circle Pines at 34.53% and Lexington at 33.97%. One reason for the large increase in Centerville’s financial responsibility because the city gained \$11 million more in taxable market value over the past year. Another reason is that the CLPD Governing Board approved the hiring of an 18th officer.

• Back in May, the council approved capital improvement plan projects for 2026. The water tower fence/ gate project was included in the list of improvements and was allocated \$60,000 from water fund 601. While considering security, city staff discovered that the land on which the tower sits is located on old city property with access easements on its southern

border that allows fence to be located there. Including fence installation, driveway excavation and reinstallation, limited property survey and potential tree removal, the cost for an amended project was now estimated to be between \$45,000 to \$46,000 and well under the original allotted amount. Staff requested approval of additional components to the project while keeping the cost of the initial budget project under the originally allocated amount of \$60,000. Council approved an expanded scope of work to include surveying property easements, added driveway access on the southern border of the project, and complete security fencing with gates to round out the project for a cost not to exceed \$60,000.

• Going out to meet and greet communities in anticipation of Domestic Violence Awareness Month, Tina Bronson, the new executive director of Alexandra House, presented updates to the work performed by her organization. For many years, the city has supported Alexandra House Inc., a domestic violence service provider, for its services to victims in their time of need. Thousands of women, men and children have and will continue to access assistance from Alexandra House. During National Domestic Violence Awareness Month and the weeks surrounding the traditional community awareness campaign, Anoka County organizations will inform area residents about domestic violence, its prevalence and consequences and what we, as a concerned community, can do to eliminate its existence. Here are a few statistics about how much Alexandra House has served Centerville residents:

• The average number of participants

served in Centerville from 2023-2025 is three.

• The average number of services provided for Centerville residents from 2023-2025 is 59.

• The average number of Helpline Calls from Centerville from 2023-25 is six.

• The city has supported Alexandra House with a donation since 2022. The amount has been set at \$2,000 since 2023. After Alexandra House requested that the donation amount be increased to \$2,400 this year, council approved the increase.

• The property owners at 1849 73rd Street can install their new fence, now that council has approved an encroachment agreement. The new 6-foot wooden privacy fence will be in the city’s right of way/drainage and utility easement along the west property line 2 feet from the rear lot line. The applicants have completed all necessary documents and paid the appropriate fees.

• At its Sept. 2 meeting, the Parks and Recreation Committee considered park facility usage applications for the use of Laurie LaMotte Memorial Park, and council approved those applications.

• Centennial Community Education will hold T-ball sessions for young children on Wednesday evenings from 5-6:40 p.m. starting Sept. 16 and ending on Oct. 7. A private party will hold a birthday party at the park from noon to 5 p.m. Saturday, Oct. 3.

• In her report, City Administrator Athanasia Lewis announced a new addition to city staff. Emily Janak was hired as assistant to the city administrator. Janak will bring a versatile skill set focused on clear community engagement and

operational efficiency, Lewis said.

• Centerville and Anoka County are collaborating to create a safe crossing for pedestrians and bicyclists to cross Centerville Road, Lewis said. The pedestrian improvements will be installed across Centerville Road where the city trail runs from Dupre Road to the Anoka County Rice Creek Regional Park. Construction will begin Sept. 16 and is expected to be completed by Oct. 30. At its Aug. 27 meeting, council unanimously approved a revised joint powers agreement with Anoka County for a pedestrian crossing flashing system at the junction of the city trail and CSAH 21/Main Street for an amount not to exceed \$50,000. The city and county will share most expenses on a 50/50 basis and will split maintenance duties.

• Election Day is Tuesday, Nov. 3, from 7 a.m. to 8 p.m. Election Day voting for Centerville residents is at St. Genevieve’s Church Community Parish Center, 6995 Centerville Road. To see what is on the ballot, a sample ballot can be obtained at the Secretary of State’s Office at <https://www.sos.mn.gov/elections-voting/what’s-on-my-ballot> or call them at 1-877-600-VOTE (8683). Anoka County will assist all voters who choose to vote by absentee voting. Please contact the county at 763-324-1300 with any questions. The city will be providing early direct ballot voting at City Hall. Call City Hall at 651-429-3232 to learn the available hours for voting.

The council next meets at 6:30 p.m. Thursday, Sept. 24, at City Hall, 1880 Main Street.

Loretta Harding

DEPARTMENT OF NATURAL RESOURCES BRIEF

New state parks license plate contest accepting design entries Sept. 15-Oct. 31

The Minnesota Department of Natural Resources reminds

Minnesotans that they may begin submitting their designs for the next state parks and trails license plate. Entries will be accepted at mndnr.gov/parksplate/contest/submit through Oct. 31. The plate design should celebrate

Minnesota’s North Shore and the Lake Superior agate, the state gemstone. After the entry period closes, a panel of judges will evaluate designs based on criteria including creativity, quality, representation of the theme and suitability

as a license plate image. Judges will select three finalists, and members of the public will have an opportunity to vote for their favorite design in early December. The winner will be announced in mid-December and DNR

anticipates that the new design will be available for sale in late January 2027. For full contest rules and frequently asked questions, visit mndnr.gov/parksplate/contest.

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PARK REDEVELOPMENTS: Baldwin, Carl Eck construction planned April 2027

FROM PAGE 1

Baldwin Park and Carl Eck Park.

“We’ve let the Little Leagues know ... that (they) could be impacted a little bit,” Antonen said. “Parking at Baldwin’s going to be an issue. Viewership at Carl Eck Park is going to be the bigger issue ... The field will be playable, there’s no doubt about that. There might not be a bench to watch from. They’ll just have to bring a chair.”

Antonen added that communication will be key to a smooth construction process. The concession building at Carl Eck Park, for

example, will be closed, and spectators of Baldwin Park games will likely need to park on the street, which will require advanced notification to nearby residents. Antonen also aims for city staff to have signage put up this month at both parks explaining the planned improvements.

One step that has been completed on the project is the removal of both parks’ old playground equipment.

“I’ve already received two or three calls,” Antonen said, “of people saying, ‘Thank God, that playground was getting real old.’”



Overhead maps of Baldwin (top) and Carl Eck (bottom) parks.

Baldwin Park project highlights:

- New playground: Simplified layout
- 55-stall parking lot
- Expanded community garden area
- Relocated batting cage
- Prefabricated pavilion shelter
- Pickleball court facility
- New maintenance building
- Improved maintenance access

Carl Eck Park project highlights:

- New concessions and restroom building
- New pavilion shelter
- Accessible trail alignment
- New playground
- New maintenance building

SPOTTED

AROUND TOWN

1

2

3

1. The Lino Lakes Fire Department raises the American flag and a POW flag — both newly donated from the Lino Lakes American Legion — in remembrance of the Sept. 11, 2001 attacks. — **Rob Rafferty, Contributed**

2. Blaine resident Tami Stramer wins a blue ribbon at the Minnesota State Fair for her contemporarily decorated tree, themed to celebrate Winnie the Pooh's 100th anniversary. — **Contributed**

3. The Lino Lakes Fire Department practices putting out vehicle fires, thanks to FIRE Inc.'s burn props. — **Contributed**

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POLICE REPORTS

The Centennial Lakes Police Department reported the following selected incidents:

- On Sept. 9 in the 300 block of Heritage Trail in Circle Pines, officers received a phone call regarding a theft that occurred. The case is active.
- On Sept. 9 in the 10 block of Central Street, officers received a phone call regarding a theft that occurred. The case is active.
- On Sept. 11, officers submitted found property to the police department.
- On Sept. 11, in the 10 block of Pointcross Drive in Circle Pines, an officer self-initiated an ordinance violation report.
- On Sept. 15, officers received information about a lost bicycle, which they found in the 3900 block of Oak Lane NE in Lexington.
- On Sept. 15 in Centerville, officers were dispatched to a private residence to assist in disposing of a firearm. The case is now inactive.
- On Sept. 15 at the intersection of Westwood Road and Naples Street, officers were dispatched for a motor vehicle accident.

The Lino Lakes Police Department reported the following selected incidents:

- On Sept. 8 at the intersection of Lake Drive and Maple Street, an officer provided assistance and

- documented a motor vehicle crash.
- On Sept. 8 near Lake Drive, an officer responded to a report of sexual assault. The investigation is ongoing.
- On Sept. 8 at the intersection of Interstate 35E and Main Street, officers responded to a personal injury accident involving a vehicle and an electric bike. One juvenile male was transported to the hospital by ambulance.
- On Sept. 9 in the 6500 block of James Circle North, a Lino Lakes officer assigned to Anoka County Joint SWAT team was activated to assist with a multiagency search warrant in Brooklyn Center.
- On Sept. 9 in the 6000 block of Woodchuck Circle, an officer responded to a fraud report. The investigation is ongoing.
- On Sept. 9 at the intersection of Lake Drive and Apollo Drive, an officer responded to a report of a stalled vehicle blocking traffic. The officer provided emergency lighting while the vehicle was privately towed.
- On Sept. 9 in the 2300 block of Rosemary Way, an officer responded to the report of a hit-and-run. The investigation is ongoing.
- On Sept. 10 in the 6400 block of Kingfisher Court, officers attempted to arrest an adult female at her home on an outstanding warrant. She was not located.
- On Sept. 10 at the intersection of Gotland Lane and

- Morgan Lane, an officer responded to a phone call report regarding possible drug activity in a local neighborhood. The officer documented information from the caller.
- On Sept. 11 on the northbound I-35W to Lake Drive NE ramp, an officer assisted another law enforcement agency with processing a DWI.
- On Sept. 11 at the intersection of Lake Drive and I-35W, an officer responded to a reported request for a motorist assist. A vehicle was stalled in the middle of a traffic lane and was towed by a private party while the officer provided emergency lighting.
- On Sept. 11 in the 800 block of Main Street, an officer on patrol stopped a vehicle for multiple lane violations. The driver was subsequently arrested for DWI.
- On Sept. 12 at the intersection of I-35E and Ash Street, an officer on patrol conducted a traffic stop on a vehicle for a violation. The driver was arrested and booked at jail for an ignition interlock violation.
- On Sept. 12 in the 6100 block of Oakwood Drive, an officer received a parking complaint. The officer observed a parking violation and informed the owner who agreed to move their vehicle.
- On Sept. 13 in the 1100 block of Birch Street, an officer on patrol located a disabled vehicle that had hit a deer. The driver was uninjured, and the vehicle, which was blocking the roadway, was towed from the scene.

WEEKLY WAG



Zooming and snoozing seem to be Radish's only two speeds. Radish is every bit as memorable as her name. When she's not sprinting, she likes to be curled up next to her people, recharging with a much deserved nap.

Radish is a Yellow Labrador Retriever/Pembroke Welsh Corgi mix. She is 10 months old, and she weighs about 45 pounds. Radish is social with other dogs, and she loves to play. She is also good with cats is very friendly to

everyone she meets. Radish is affectionate, goofy and adventurous. She always enjoys going for walks. She is smart, and she is learning her basic commands quickly. Radish is full of personality and will keep you laughing

and entertained with her antics. If you are looking for a young pup to be your best companion and who is equal parts comedian, athlete and snuggle buddy, then Radish is your girl. She has a big personality, lots of character and she is

quick-minded. If you are interested in learning more about Radish or adopting her, please fill out an application at www.ruffstartrescue.org. Once your application is received, Ruff Start Rescue will contact you as soon as possible.

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ESTATE SALE – 12189 Pickerel Point, Grantsburg. Fri., Sept. 25, 10–5; Sat., Sept. 26, 9–3. Chest freezers, lift chair, fishing & hunting gear, boat, log splitter, household items & more. Something for everyone!

404

Garage Sales

ESTATE SALE 12189 Pickerel Point Grantsburg Fri Sept 25th, 10-5 Sat Sept 26th 9-3 Chest freezers, lift chair, fishing & hunting gear, boat, log splitter, household items & more. Something for everyone!

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PUBLIC NOTICES

CITY OF CENTERVILLE NOTICE OF HEARING

The City of Centerville Planning and Zoning Commission will hold a public hearing on Tuesday, October 6, 2026, at the Centerville City Hall, 1880 Main Street in the Council Chambers beginning at 6:30 p.m. or shortly thereafter on the following matter:

ITEM: Preliminary Plat – Woods of Old Mill
PETITIONER/PROPERTY OWNER: Elmcrest Vistas, LLC
PROPERTY I.D. #: 14-31-22-42-0071 – 1849 Laramie Lane
LEGAL DESCRIPTION: Lot 8, Block 2 Old Mill Estates 2nd Addition
The petitioner requests that the city consider a Preliminary Plat for the construction of four (4), single-family homes.
The City Hall is ADA accessible. Requests for hearing assisted devices or a sign language interpreter must be received prior to 4:00 p.m. October 1, 2026. All persons interested are invited to attend and to be heard, verbally or in writing. If you are interested in the proposed preliminary plat/site plan, it can be obtained from the City Clerk at: tbender@centervillemn.com, (651)792-7933 or the City Administrator at: alewis@centervillemn.com, (651) 792-7931 or if you have questions or concerns regarding this matter.
Teresa Bender, City Clerk



Published one time in the Quad Community Press on September 22, 2026.

CITY OF LINO LAKES SUMMARY OF ORDINANCE NO. 05-26 AN ORDINANCE VACATING UTILITY EASEMENT

Section 1: Findings
The City Council of Lino Lakes has determined to vacate the utility easement dedicated over, under, and across Outlot C, Lyngblomsten at Lino Lakes Addition; and
A public hearing was held on August 24, 2026 before the City Council in the City Hall Council Chambers after due published and posted notice had been given and reasonable attempts were made to give personal notice to all affected property owners, and all persons interested were given an opportunity to be heard.
Section 3: Effect
This ordinance shall be in force and effect from and after its passage and publication according to the Lino Lakes City Charter and upon recording of the Utility Easement Vacation.
Passed by the Lino Lakes City Council on September 14, 2026.
This is a summary of the adopted ordinance. A full printed copy of the ordinance is available at City Hall.
Published one time in the Quad Press on September 22, 2026.

CITY OF LINO LAKES ANOKA COUNTY, MINNESOTA NOTICE OF PUBLIC ASSESSMENT HEARING 2026 UNPAID SPECIAL CHARGES INCURRED BY THE CITY FOR DELINQUENT UTILITY CHARGES

Notice is hereby given that the City Council of the City of Lino Lakes, Minnesota will meet in the Council Chambers at City Hall, 600 Town Center Parkway, on Monday, the 12th of October 2026 at 6:30 P.M. to consider the assessment of the following:

TOTAL CITYWIDE SPECIAL CHARGES PROPOSED TO BE ASSESSED	
Special Charges	Unpaid Amount
Delinquent Utility Charges	\$202,571.49

The Citywide estimated total of the assessment roll is \$202,571.49. For an individual property owner's delinquent charges, see the proposed assessment roll on file in the City Clerk's office.
Assessments for Delinquent Utility Charges shall be payable pursuant to Minnesota State Statutes 429.101& 444.075 and Sections 401.3, 402.14 & 404.10 of the City Code in one (1) single installment payable in 2027. The single installment shall include the annual principal, a delinquent assessment administration charge of \$30 plus interest calculated from the date of the adoption of the assessment resolution to the end of 2026 plus twelve (12) months of the next year and shall bear interest at the rate of 5.00% per annum.
The proposed assessment roll is on file in the City Clerk's office, and any written or oral objections will be considered at the public hearing. No appeal may be taken as to the amount of any assessment unless a signed, written objection is filed with the City Clerk prior to the hearing or presented to the presiding officer at the hearing. An appeal to district court may be made by serving notice upon the Mayor or City Clerk within 30 days after adoption of the assessment roll and filing such notice with district court within 10 days

after service upon the Mayor or City Administrator. Applications must be made within 30 days following the adoption of the assessment roll by the City Council.
Dated: September 14, 2026
By Order of the City Council
Roberta Colotti, City Clerk
Published one time in the Quad Community Press on September 22, 2026.

STATE OF MINNESOTA, COUNTY OF ANOKA DISTRICT COURT, TENTH JUDICIAL DISTRICT PROBATE DIVISION COURT FILE NO. 02-PR-26-543

AMENDED NOTICE OF INFORMAL APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS (WITHOUT A WILL)

In Re: Estate of
Carl Lee McCarthy,
Deceased
TO ALL INTERESTED PERSONS AND CREDITORS
Notice is given that an application for informal appointment of personal representative has been filed with the Registrar. No will has been presented for probate. The application has been granted.
Notice is also given that the Registrar has informally appointed Marisa K. Johnson, whose address is 17440 Severson NW, Evansville MN 56326, as personal representative of the Estate of Decedent. Any heir or other interested person may be entitled to appointment as personal representative or may object to the appointment of the personal representative. Unless objections are filed with the Court (pursuant to Minnesota Statutes § 524.3-607) and the Court otherwise orders, the personal representative has full power to administer the Estate, including, after 30 days from the date of issuance of letters, the power to sell, encumber, lease or distribute the real estate.
Any objections to the probate of the Will or appointment of the personal representative must be filed with this Court and will be heard by the Court after the filing of an appropriate petition and proper notice of hearing.
Notice is also given that, subject to Minn. Stat. § 524.3-801, all creditors having claims against the Estate are required to present the claims to the personal representative or to the Court Administrator within four (4) months after the date of this Notice or the claims will be barred.
ATTORNEY FOR PERSONAL REPRESENTATIVE
NICHOLAS JOHN HEYDT
Attorney License No.: 327864
Pemberton Law P.L.L.P.
Nicholas J. Heydt, # 0327864
203 22nd Ave West
Alexandria, MN 56308
Telephone: 320-759-3143
e-mail: n.heydt@pemlaw.com
Pamela Kreier, Probate Registrar
H. Ann Basta, Court Administrator
Date: September 15, 2026
Published two times in the Quad Community Press on September 22 and 29, 2026.

PUBLIC SAFETY BRIEFS

Warrant issued for suspect in gun shop shooting

An Anoka County District Judge has issued a warrant for a suspect related to the Sept. 12 shooting outside Bill's Gun Shop & Range on 88th Avenue NE in Blaine. According to Anoka County charging documents, the Blaine Police Department and Anoka County Attorney's Office submitted a statement of probable cause alleging, among other counts, attempted second-degree murder with intent, not premeditated, against D'Marco Shane Buckney Jr. of Minneapolis.
According to the submitted statement, law enforcement responded to a report of a male who had been shot and made contact with the victim, who was treated for multiple

gunshot wounds and transported to a hospital for further care. The statement declared that, upon review of surveillance video, Buckney Jr. can be seen renting a shooting lane at the gun shop, exiting the shop and firing five shots at the victim. The footage reportedly then shows Buckney Jr. leaving the scene in a vehicle registered under his own name.

Logan Gion

Former Lions Club treasurer charged with embezzlement

Virginia Ilene Hestekind, 86, the former treasurer of the Circle Pines Lexington Lions Club, has been charged with felony theft by swindle in addition to other charges, according

to court documents filed in Anoka County.
According to a statement of probable cause, investigators with the Anoka County Attorney's Office began looking into the matter in September 2025 after the current Lions Club treasurer reported that Hestekind had made nearly \$60,000 of unauthorized cash withdrawals between 2018 and 2025.
The statement also notes that the current vice president of the club "reported that he became suspicious because there was never any money in their account despite having numerous successful fundraisers and annual dues payments from members." A former president of the club told investigators that while Hestekind was treasurer, he requested reports but

never received them.
The statement continued that law enforcement obtained bank records which allegedly show Hestekind used the club's debit card to withdraw cash at locations with available gambling and/or pull-tab sales, including Carbone's Pizzeria Bar & Grill in Circle Pines. Staff there reported to law enforcement that Hestekind would allegedly spend \$100-200 on pull tabs there weekly.
The statement also says that since Hestekind resigned from the club in 2025, the club's bank accounts have recovered from under \$100 to a balance of over \$10,000.
Hestekind's first appearance in court is scheduled for Nov. 6.

Logan Gion



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New coach admired Cougar program while coaching against them

BY BRUCE STRAND
SPORTS CONTRIBUTOR

Dan Charleston, Centennial's new boys hockey coach, had high praise for the program he's taking over, following 13 years of coaching against the Cougars.

"What attracted me to the Centennial opening was the opportunity to lead a program with such a strong history, tradition and reputation for success," Charleston said in a recent interview. "Having coached against Centennial over the years, I've always admired the way their teams played — with a high level of competition, effort and commitment."

Charleston, named Aug. 24 to succeed the retiring Ritch Menne, coached the Cougars' conference rival Robbinsdale Armstrong, then Armstrong/Cooper, for 13 years.

"There has always been a certain work ethic and standard associated with Centennial hockey," he added. "At the same time, the program has consistently produced teams that can play with skill, creativity and the ability to make plays. That combination really stood out to me."

Charleston helped Benilde-St. Margaret's win the 2001 Minnesota state championship as a sophomore, earning all-tournament honors. He was University of Nebraska at Omaha's fifth-leading career scorer. He played in the USHL and had stints in minor league pro hockey.

"The opportunity to play at a high level in college and professionally had a tremendous impact on how I approach coaching," Charleston said. "At those levels, you learn that success comes from accountability, preparation, work ethic, consistency and a commitment to continually improving."

Being surrounded by people who expect you to be prepared and bring your best every day, he said, is a great learning experience.

"You also learn how important it is to be a good teammate, handle adversity and approach your responsibilities in a professional manner."



Dan Charleston

Cougars lose duel of metro powers to Champlin Park 14-7

BY BRUCE STRAND
SPORTS CONTRIBUTOR

Champlin Park won a clash of top-five ranked teams over an error-prone Centennial 14-7 on Friday evening.

The No. 4 ranked Rebels (3-0) extracted four turnovers from the No. 2 Cougars (2-1) — a fumble on a kick return and three interceptions, one of them returned for a touchdown by Champlin Park's Damon Torke. The Rebels' Miles Felton rushed

for 167 yards and a 22-yard touchdown.

"They are a great team, but you can't turn the football over four times and expect to win a big game. Our defense played really well holding them to seven points, but made too many mistakes allowing them to hold the football for longer," said Cougars Head Coach Michael Diggins.

The Cougars, down 14-0, got on the board with six minutes left on a four-yard touchdown by Edwin

Ekah, capping a drive with a successful fake punt and another fourth-down conversion with a hook-and-ladder play.

The Cougars rushed for 176 yards, with Ekah gaining 86 in 22 carries and Tobie Serna 60 in six carries. Jack Wiste completed three of 10 passes for 19 yards with three pickoffs. Brandon Boesch made an interception.

"I am very proud of our kids, and this is a learning moment," Diggins said. "We are on to Andover."

COUGAR BRIEFS

CROSS COUNTRY

The Cougars ran in the U of M's huge Roy Griak Invitational, a multi-state event with four divisions, at Fort Snelling. Competing in the Maroon race, the Cougar girls placed fifth of 33 teams, led by Alexandra Sindt placing 11th in 19:07. Emma Deif placed 19th; Madison Chrusciel, 66th; Audrey Julson, 72nd; and Kinlee Engstrom 100th of 272 runners. The boys placed 15th of 34 teams, led by Jack Silver in 24th place (16:52). Connor Louks was 87th; Grayson Paasch, 100th; and Marshall Smith, 118th.

SOCCER

The Cougar boys (2-3-2) tied Andover 2-2 and lost to Totino-Grace 2-0 last week. The Cougar girls (2-5-1) lost twice, to Andover 1-0 and Totino-Grace 2-1.

TENNIS

Centennial (5-7) lost to Rogers 5-2 and Elk River 5-2 last week. Winning against Rogers were Rahda Andiappan at 3-singles and Ella Nelson/Hannah Lofgren at

1-doubles. Winning against the Elks were Nelson/Lofgren and Mehda Andiappan/Ellen Huseth at 2-doubles.

SWIMMING

Centennial lost to Blaine 95-83 and beat Anoka 119-64 in their first two dual meets. On Saturday, the Cougars placed sixth in the Panther Invitational at Spring Lake Park.

VOLLEYBALL

The Centennial volleyball team (8-3) won at Andover 25-19, 25-23, 25-20 on Thursday, then placed second in the Midwest Volleyball Showcase in Burnsville on Friday and Saturday. In the showcase, the Cougars beat Edina 25-12, 25-20; Sartell 21-25, 25-18, 15-11; Roseville Area 25-16, 10-25, 18-15; and Rosemount 25-20, 22-25, 15-3, to reach the finals. Maple Grove, in the championship duel, foiled the Cougars 25-19, 25-20. The Crimson, a conference rival, are 15-2.

Bruce Strand



BRUCE STRAND

Eden Courtemanche soars for a spike against Andover.



ATHLETES OF THE WEEK

Hannah Lofgren and Ella Nelson

Cougar Tennis

September 22, 2026

Hannah Lofgren (left) and Ella Nelson (right), Centennial juniors, have posted an 11-1 record together at No. 1 doubles for the Cougar tennis team. All 11 wins have been straight-sets; they are 22-2 in sets. Both girls made all-conference as sophomores in doubles, with different partners who graduated, so they were paired up this year.



This Week In SPORTS

CROSS COUNTRY

• 3:30 p.m. Sept. 22 — at Chisago Lakes

FOOTBALL

• 7 p.m. Sept. 25 — at Andover

SOCCER, BOYS

• 7 p.m. Sept. 22 — vs. Osseo
• 5 p.m. Sept. 24 — vs. Champlin Park
• 7 p.m. Sept. 28 — at Elk River

SOCCER, GIRLS

• 7 p.m. Sept. 22 — at Eagn
• 7 p.m. Sept. 24 — vs. Champlin Park
• 5 p.m. Sept. 26 — at Elk River

GIRLS SWIM AND DIVE

• 6 p.m. Sept. 24 — vs. Elk River
• 6 p.m. Sept. 29 — vs. Rogers at Elk River

GIRLS TENNIS

• 4 p.m. Sept. 22 — at Andover
• 4 p.m. Sept. 23 — vs. Spring Lake Park
• 4 a.m. Sept. 28 — vs. Osseo
• 4 p.m. Sept. 29 — vs. Cambridge-Isanti

GIRLS VOLLEYBALL

• 8 a.m. Sept. 26 — at Hastings International
• 7 p.m. Sept. 28 — vs. Champlin Park

Runners, including 4-decade marathoner from Centerville, find their pack

BY SHANNON GRANHOLM
MANAGING EDITOR

Two years ago, White Bear Lake resident Tony Yares met up with a co-worker every Saturday for a run when he had the idea to start a run club. He ran the idea by his wife Caroline, who helped him spread the word on social media.

“About 10 people showed up to the first one,” Yares said. The White Bear Lake Run Club is now in its second year.

Yares grew up playing sports and would run a mile or two here and there to exercise, but he got into distance running in 2021 while training for his first marathon.

“I got the bug and totally got hooked,” he said. “It’s a really good time for reflection and solitude and kind of therapy. It’s taught me my own capabilities. You challenge yourself and you succeed, and you kind of build that track record up ... Going through chosen adversity really helps me when unchosen adversity bubbles up in life. It just helps you with the tools to overcome things and do hard things.”

Earlier this month, Yares completed his longest race to date, a 52-mile trail ultramarathon in Lutsen.

The White Bear Lake Run Club typically meets every other Saturday morning at Anchor Coffee. There are no membership fees, and registration is not required. Those who are interested show up, run at their own pace, and meet back up for coffee and/or electrolyte water. Typically, the group runs along the Lake Avenue path and splits up into smaller groups so runners can run the distance and speed they desire.

“It’s very informal, casual. We hang out, run for a little bit and have coffee and then we all go home,” Yares said. “There’s no expectations. There’s no judgement.”

Yares started the run club to meet other runners in the community. He typically likes to run solo, but the more people he meets in the running community, the more he enjoys being surrounded by supportive people.

“You see the elite runners, they are hard core and they’ve got all their expensive gear, and it seems so competitive, but then when you actually show up to the start line of a marathon ... 98% of the people are just regular people trying to improve themselves and trying to be a little better than they were yesterday.”

For a year or two, Yares passed by a guy on Lake Avenue running with his two daughters in a stroller. One day he decided to introduce himself and met White Bear Lake resident Jake Perry, who is now a member of the club.

Perry grew up playing hockey and football. He still plays hockey but always viewed running as “punishment” until after he and his wife had their oldest daughter. The daughter’s daycare would not bring her outside during the day.

“We are big on the outdoors and sunshine ...” Perry explained. So, his wife asked him to take her for a walk before bringing her to daycare and he happily agreed. But instead of walking, he ran.

Perry said that as a new dad, he gained the “new dad 30.” “It was a blessing in disguise,” he said. “It was something that I started doing for our daughter but then turned into a hobby that was both good for my mental health and my waistline.”

This year will mark his fourth year in a row doing the Twin Cities Marathon. Perry says he doesn’t get to run club as often these days due to family obligations, but when he can make it, he looks forward to it and enjoys the family-oriented atmosphere.

“We are bringing the community together doing something that’s a good hobby and getting our families involved,” he explained.

White Bear Lake resident Catherine Abel learned about the club after seeing a post on social media. She was a bit apprehensive to go for the first time but says she quickly felt at ease because everyone was so friendly and welcoming.

Abel started running eight years ago in honor of her 30th birthday. She signed up for a Disney 5K, and while she was training for that, her partner was diagnosed with bladder cancer.

“Our lives changed overnight ... Running became the thing that grounded me,” she explained. “The longer that journey was, the further I started to run. You can’t outrun your problems, but you can forget about them for a few hours.”

Abel has now completed 10 half marathons and two full marathons. She is currently training for her third full marathon. She credits another run club member, Rob Arnoldy, better known as “coach Rob,” with helping her to accomplish a personal record at a half marathon in May.

Arnoldy, a resident of Centerville, learned about the run club from his wife, who saw a poster for it at a business in White Bear Lake. Throughout the years, he has run both individually and with a group and was missing the camaraderie and social interaction that come with a group.

“Running with people ... helps pass the time when you are running because running sometimes gets kind of old,” he said.

Since 1986, Arnoldy has completed well over 200 races of different distances. He completed one marathon, and several half marathons and 5Ks.

Due to his experience, “coach Rob” says he has no problem sharing what he knows and the training tips and tricks he has picked up over the years.

“I think I’ve run 45,000 miles roughly,” he said. “My personal records are so far behind me, they’ll never happen again, so it’s kind of nice to help other people out.”

To keep up with the White Bear Lake Run Club’s upcoming runs, find the group on Instagram @wblrunclub.

Managing Editor Shannon Granholm can be reached at 651-407-1227 or whitebearnnews@presspubs.com.



CONTRIBUTED

White Bear Lake Run Club offers casual, social atmosphere for participants

IF YOU GO:

Upcoming meets

- Oct. 17** - Run club meets at 8 a.m. at Anchor Coffee
- Oct. 31** - (Halloween) run club meets at 9 a.m. at Anchor Coffee

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